



AWF
WROCŁAW



WELCOME TO AWF

Guide for international students



Dear Student,

Welcome to AWF Wrocław! We are happy that you have chosen our university as a place to study in Poland.

Within the scope of the Welcome to AWF project financed from the funds of the Polish National Agency for Academic Exchange NAWA, we have prepared a package of activities and information materials that are essential for every new student. We have also launched the AWF Welcome Centre – a place where every foreign student will find help, support and information about studying at the Wrocław University of Health and Sport Sciences (AWF) and life in Wrocław.

This guide is addressed in particular to foreign students. It contains plenty of useful information that will help you find your way around student life, in Wrocław and in Poland. We hope that it will help you learn more about the university, organise your studies and enjoy all opportunities that the period of studies offers to you. Remember: here you will find basic information for a start, and the rest is for you to discover with the help of other students, lecturers and employees of AWF.

Welcome to AWF!
AWF Welcome Centre Team

WELCOME TO AWF

Registration at the AWF Welcome Centre

Upon arrival in Wrocław, visit our Welcome Centre to register as a student and receive a welcome pack containing guides, tips and information necessary to get around the university and Wrocław.

The AWF Welcome Centre is the place where:

- you will acquire necessary information and support regarding the organisation of studies,
- you will receive guides, information and brochures that will provide you with useful knowledge about academic life in Poland,
- we will help you in formal and organisational matters related to life in Poland,
- we will assist you in arranging official, banking and housing formalities or making a doctor's appointment,
- you will receive the Welcome Pack.



AWF Welcome Centre
Hala Wielofunkcyjna,
[Multifunctional Hall], main
lounge

welcome@awf.wroc.pl
+48 71 347 30 30

Legalisation of stay – residence card

Students staying in Poland for longer than three months are obliged to obtain a temporary residence permit. The first permit for a foreigner taking up studies in the 1st year of studies is issued for a period of **15 months**.

An application for a temporary residence permit has to be filed personally not later than on the last day of legal stay in Poland to the head of the province having relevant jurisdiction over the place of residence. In Wrocław, the legalisation of residence is handled by the Citizen and Foreigner Affairs Department of the Lower Silesian Governor's Office.

The application shall be accompanied by a number of other documents, including:

- documents confirming the registration for studies or the student status
- health insurance
- confirmation of the possession of adequate funds for the required period
- photographs meeting the requirements of the office



For more details, visit the website of the Lower Silesian Governor's Office: www.dwu.pl

Electronic Student ID Card

The Electronic Student ID Card (ELS) is issued to all students. The cost of the ID card is **PLN 22** (ca. **EUR 5**). Payment has to be made to your personal student account number that you received in the recruitment process.

In order to receive ELS, you have to upload your photograph in the recruitment system – the photograph has to meet the requirements for passport and identity card photographs.

The student ID card confirms the student status and allows to benefit from many discounts and special offers, including the purchase of discounted tickets in public transport as well as sports and culture centres.

The ID card has to be collected in the dean's office. The validity of the ID card is confirmed every semester, also in the dean's office. The ID card is valid until **31st March** in the winter semester and until **31st October** in the summer semester.



Health insurance

In Poland, there are two types of health insurance: public and private. A broad range of private health insurances is available on the Polish market; if you decide to have such insurance, you have to choose yourself the insurance offer that suits your needs best.

The public health insurance system in Poland for foreigners looks as follows:

- EU citizens are entitled to free health services in Poland if they present a valid European Health Insurance Card.
- EU citizens not having health insurance in their country of residence and non-EU citizens may sign a health insurance contract with the National Health Fund (NFZ) or with one of the private clinics.
- Non-EU citizens may sign an insurance contract with the National Health Fund and pay a monthly premium to NFZ.
- If you have a Pole's Card or a confirmation of Polish origin from the Polish Consulate, you may be insured by the University at the cost of the Polish Government.

Upon receiving the confirmation of insurance with NFZ, you may register at any Primary Care Outpatient Clinic where services of a general practitioner and medical specialists are available to you free of charge.

For further information, visit the website of the National Health Fund:
www.nfz.gov.pl

Induction for new students

Each registered student takes part in compulsory induction in the 'zero week', during which:

- you will learn the safety rules on the university premises
- you will hear where to arrange study-related formalities
- you will take part in a library training course
- you will be introduced to the rules of use of various facilities and offices
- you will attend a training course on the student's rights and obligations held by the Student Government Council

All important information will also be sent to your e-mail.

ORGANISATION OF STUDIES



Courses, examinations and grades

Education takes place in the form of lectures, classes (including seminars, foreign language courses, laboratory sessions, internships and camps) and consultations. Participation in all classes covered by the study plan and the study programme in the given field of study is compulsory.

Lectures

Lectures are a course during which the lecturer passes knowledge verbally, often with the use of a presentation. A student should listen, make notes, ask questions and answer questions asked by the lecturer. Lectures are collective, i.e. held for all the students of a given year, and participation is compulsory. Lectures are an open form of course.

Classes

Classes are a course requiring the student to be more involved and active. They have practical character and the participation is compulsory. Classes are conducted in groups of several up to a few dozen persons, depending on the field of study, characteristics and the subject area.

Diploma seminar

The diploma seminar is a specialist course aimed primarily at writing a bachelor's or master's thesis under the supervision of the thesis supervisor. Seminar groups consist of ca. 5 persons, although they are often held in the form of individual student-supervisor meetings.

Consultations

Consultations are individual meetings with the teacher at hours indicated by lecturers. Consultations can be provided both to individuals and larger groups, depending on the needs.

Internships

During studies, each student completes internships aimed at gaining professional experience in an area related to the field of study. Each field of study has separate guidelines concerning the number of hours and places of internship, as well as the method of keeping documentation. The progress and implementation of the internship programme are supervised by designated representatives of the dean for internships.



Sports camps

Students of the Faculty of Physical Education and Sport take part in compulsory summer and winter sports camps. Summer camps are held in the Educational & Sports Centre of AWF in Olejnica (Wielkopolska Province) and on the premises of the AWF campus. Winter camps are organised in Polish mountains or abroad, depending on the current situation.

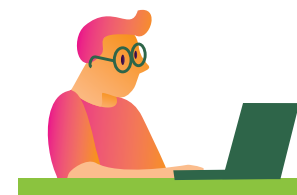
Foreign language courses

A foreign language course is compulsory – the number of hours and other details of implementation are consistent with the study programme for the given field of study. A foreign language course ends in an exam on the B2 level (in first-cycle studies), excluding the field of physical education (completion of a foreign language course is attested by a credit) and the B2+ level (long-cycle master studies and second-cycle studies, if the study programme includes a foreign language course). You can choose an English or German language course on the B1+, B2 or B2+ level. Students studying in foreign language may attend a Polish language course. Foreign language courses are conducted by the Foreign Language Centre.

✉ centrum.jezykow@awf.wroc.pl

E-learning

If university classes cannot be held in the classroom in direct contact with the teacher, participation in classes is possible via Moodle and Zoom platforms. Each student receives individual logging data or a direct link to classes.



Registration for classes

Registration for classes is compulsory. Registration is carried out online via the IT system. Before registering for selected classes, you should check class schedules posted on the university website in advance. Your time of registration for classes will be fixed and visible in the registration system. The rules and instructions for registration for classes are available on the university website.



Credits and exams

At the end of each course, the student should obtain a credit. The course is credited by the teacher. The teacher enters the grade into the study record in electronic form and confirms it with their own signature in the credit and examination report.

Exam is a verification of what the student has learned and what knowledge and skills they have acquired. It may be theoretical or practical and take place in written or oral form. The detailed organisation of the exam session is determined by the dean in consultation with examiners and representatives of the student government. Dean notifies students 14 days before the beginning of the session. Results of exams are made available to students during the examination session by the person crediting classes or carrying out the examination and in electronic form in the study record documentation.

Grading system

University uses the following grading scale:



bardzo dobry (bdb) – **5,0** - EXCELLENT - outstanding performance with only minor errors



plus dobry (+db) – **4,5** VERY GOOD - above the average standard but with some errors



dobry (db) – **4,0** GOOD - generally sound work with a number of notable errors



plus dostateczny (+dst) – **3,5** SATISFACTORY - fair but with significant shortcomings



dostateczny (dst) – **3,0** SUFFICIENT - performance meets the minimum criteria



niedostateczny (ndst) – **2,0** FAIL - considerable further work is required



The 'fail' grade means that the test, course or exam has not been credited or passed and has to be resat.

European Credit Transfer System (ECTS)

Student earns the number of ECTS points assigned to the course upon fulfilling all requirements specified in the study plan and the curriculum and upon reaching the adequate level of learning outcomes assumed for this course.



The number of ECTS points to be earned in one semester is around 30 (usually varies between 27 and 33 points), and 60 points in the annual programme. The completion of the semester and the year of studies is conditioned by the number of points resulting from the study plan and the curriculum in accordance with the rules specified in the study regulations.

The minimum number of ECTS points required for graduation is:

- for the first-cycle studies: **180 ECTS**
- for the second-cycle studies: **120 ECTS**
- for the long-cycle master studies: **300 ECTS**

In addition, ECTS points facilitate international mobility and partial completion of the study or internship programme abroad – for example, under the Erasmus+ programme.



Graduation

In order to complete studies and obtain the diploma of graduation, you have to:

- achieve learning outcomes specified in the study programme to which at least the following number of points has been assigned:
180 ECTS points – in the case of first-cycle studies,
90 ECTS points – in the case of second-cycle studies,
300 ECTS points – in the case of long-cycle master studies
- pass the diploma examination
- obtain the positive evaluation of the diploma thesis in the case of second-cycle studies and long-cycle master studies and – if this is provided for in the study programme – in the case of first-cycle studies.

Study regulations

Remember that all rules concerning the pursuit of studies at AWF are specified in the Study Regulations, which include information about:

- Students' rights and obligations
- Plans, programmes and organisation of studies
- Crediting of courses and passing of exams
- Crediting and retaking of courses or the semester
- Changes in the course of studies
- Transfer, change of the field of study or specialisation
- Deletion from the list of students, resumption of studies

Each student is obliged to become familiar and comply with the Study Regulations.



Dean's offices – what you can arrange there

In the dean's office of your faculty, you will arrange most of the university formalities: a certificate of study, registration for the next semester of study, applications for the prolongation of the exam session or the retaking of a course. In the case of any questions or problems, employees of the dean's office will also refer you to other university units, where you will arrange other matters. Information about your courses (lectures, classes, laboratory sessions, practical and sports classes), as well as places where they are held and lecturers who conduct them are available at your student account.

Each year of students has a dedicated adviser in the dean's office.

The Dean's Office of the Faculty of Physiotherapy takes care of students of the following fields:

- Physiotherapy
- Occupational Therapy

Dean's Office of the Faculty of Physiotherapy

- 📍 Building P-4, Room 2 / 23-37
- ✉️ dziekanat.fizjoterapii@awf.wroc.pl
- 📞 +48 71 347 30 80
- 🕒 Monday – Thursday
10:00 a.m. – 1:00 p.m.

The Dean's Office of the Faculty of Physical Education and Sport takes care of students of the following fields:

- Physical Education
- Sport
- Tourism and Recreation

Dean's Office of the Faculty of Physical Education and Sport

- 📍 Hala Wielofunkcyjna, room 70
- ✉️ dziekanat.wf@awf.wroc.pl
- 📞 +48 71 347 34 76
- 🕒 Monday, Tuesday, Wednesday and Friday,
10:00 a.m. – 1:00 p.m.

IT systems for the student and the student e-mail

- electronic dean's office application and student portal
- Moodle e-learning platform
- ZOOM video conference system
- student's university e-mail address



e-Indeks

You can check all grades and credits in your student record book (e-Indeks). The course of studies is documented in electronic form via the electronic dean's office application. Control the correctness of individual grade entries in the system on a regular basis. If you find any discrepancy, report it to the lecturer. In addition, you can use e-Indeks for printing a Student's Academic Progress Sheet containing information about your grades and credits.



Payments for studies

Each student has a personal bank account number assigned in the recruitment process. All study-related fees have to be paid to the personal account.

Examples of study-related fees:

- tuition fee
- fee for the issue of the student ID card
- rent for the dormitory
- fees for retaken courses, curricular differences, etc.

In the case of paid studies, you can pay the annual tuition fee:

- once for the whole year before the start of the next year of studies, or
- in two instalments, each before the start of the next semester of study.

The amount of fees is determined by the Rector's order and available on the website of AWF in the fee regulation.

Services available to students

AWF Welcome Centre

The AWF Welcome Centre is a place dedicated to foreign students, candidates, employees and guests. Here you will receive support and help in matters concerning studies at AWF as well as life in Wrocław and Poland.

At the AWF Welcome Centre:

- you will acquire necessary information and support regarding the organisation of studies,
- you will receive guides, information and brochures etc. that will provide you with useful knowledge about academic life in Poland,
- our team will help you in formal and organisational matters related to life in Poland,
- we will advise you how to arrange official, banking and housing formalities or to make a doctor's appointment,
- you will establish contact with students from Poland and abroad studying at our University,
- you will take part in student initiatives and events organised and co-organised by the Welcome Centre.

Erasmus

As a student of AWF, you can take part in an unforgettable adventure in adventure of studying or doing internship abroad in any EU country under the Erasmus programme. Erasmus is a well-known and popular programme of the European Union in the field of higher education and training. One of its goals is to support the foreign mobility of university students and employees.

Under the Erasmus programme, you can go abroad in order to complete:

- a semester of study at a partner university
- a professional internship
- a graduate traineeship

You can complete a semester of study abroad in one of over 70 partner universities in countries including Italy, Germany, Portugal, Spain or Finland, among others.

For more information, contact the Erasmus Office or the Erasmus Spot:

Erasmus Office

- 📍 Rector's Office, ul. Banacha 11, Room 2/3
- ✉️ office@awf.wroc.pl
- 📞 +48 71 347 31 03
+48 71 347 31 13

Erasmus Spot

- 📍 Multifunctional Hall (side entrance, orientation point: blue neon sign of Erasmus)
- 📞 +48 71 347 34 66

Office for Student Affairs and Academic Sports

In the Office for Student Affairs and Academic Sports, you will obtain necessary information concerning students' affairs not related to education, such as:

- scholarships for academic achievements, sports scholarships and social scholarships
- benefits for students with disabilities
- financial aids for students
- scholarships of the Minister of Science and Education and the Polish National Agency for Academic Exchange

In the Office for Student Affairs and Academic Sports, you will obtain detailed information about types of support available to you as a foreign student.

In addition, the Vice-Rector for Students' Affairs and Academic Sports supervises:

- Spartakus Dormitory
- Sport sections of the University
- Student Government Council
- PhD Student Government
- Student Science Association
- Projects and initiatives of students (including PhD students)



Spartakus Dormitory

The fee per place is from **PLN 420 (ca. EUR 84)** per place in a double room, to **PLN 800 (ca. EUR 160)** per single room.

From July 1st, the holiday period starts in the Dormitory. However, accommodation is possible also during that period. Holiday prices are slightly higher, but adapted to students' capacity.

- Single and double rooms

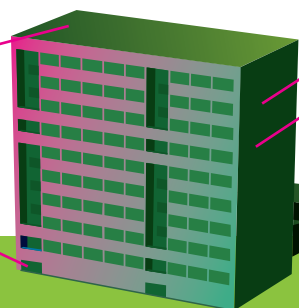
ground floor:

- TV room and learning room
- Launderettes and drying room
- Cold beverage vending machines

- Possibility of borrowing vacuum cleaners

- Internet network

- Discus Student Club
- Photocopying services



ul. Mickiewicza 98
(beside the Sępolno tram end station)

Sports infrastructure and rules of use

The university has a rich and varied sports infrastructure. Students have a number of sports facilities at their disposal, including:

- Swimming pool
- Athletic stadium
- Team games halls
- Martial arts halls
- Fencing hall
- Gym
- Beach volleyball field
- Tennis and badminton courts

In order to use the aforementioned facilities:

- ➔ Contact the Student Government Council or
- ➔ Gather a group of students interested in using a particular sports facility, including at least one person with an instructor's licence, and contact the Vice-Rector for Students' Affairs and Academic Sports or
- ➔ Join the AZS AWF Wrocław Sports Club

You can also rent a sports facility of your interest for a fee – in order to do this, contact the Department of Exploitation and Rental of Facilities:

dzial.eksploatacji@awf.wroc.pl

Library and Book Lending Room

In order to use resources and services of the Library, you need to have a valid library card. The electronic Student ID Card (ELS) activated in the Book Lending Room also serves as a library card.

- Documents required for registration: a valid student ID card and another proof of identity
- Validity of the account: for the period of studies
- Limit of borrowed books: 15
- Borrowing period: maximum 6 months
- Books must be ordered electronically via computer library system. They can be collected personally from the Book Lending Room within 7 days.

The thematic scope of the Library resources encompasses physical culture, physical education and sport, tourism and recreation, motor rehabilitation, occupational therapy, cosmetology, natural sciences, human and social sciences in the aspect of physical culture. The Library has also a rich collection of IBUK Libra e-books.

Reading Room

Students can also use a reference library, books, magazines, encyclopaedias, lexicons and other items kept in the Reading Room. In the Reading Room, there are computer stations with access to databases, electronic magazines, collections of the ACADEMICA interlibrary digital lending room, as well as a station designed for visually impaired persons equipped with an enlarger for reading purposes. The resources available in the Reading Room can be used only on the spot, and readers have free access to books.

In order to use the Reading Room, you have to present a valid student ID card with an active library account. The Reading Room is located in the building of the Main Library.

Main Library of AWF Wrocław

- ul. Mickiewicza 98, AWF Campus
- bg@awf.wroc.pl
- +48 71 347 33 14
- bg.awf.wroc.pl
- [facebook.com/bg.awf.wroc](https://www.facebook.com/bg.awf.wroc)
- [instagram.com/biblioteka_awf_wroclaw](https://www.instagram.com/biblioteka_awf_wroclaw)

Career Office

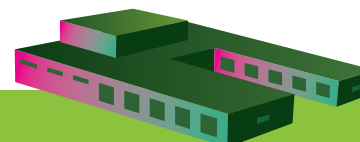
If you are looking for a job, you want to prepare application documents or prepare for a job interview, if you have doubts concerning the choice of your career path or you are wondering how to make the most of the study period to get ready for entering the labour market, visit our Career Office.

The AWF Career Office is a place where you will:

- find job, internship and training offers
- obtain advice and free individual consultations
- meet a professional adviser
- take part in interesting free training courses and workshops
- meet representatives of employers
- prepare for a job interview (also in English)
- plan a career path and analyse development opportunities

Career Office

- Building P-3 Room 200B
- biuro.karier@awf.wroc.pl
- +48 71 347 30 00
- <https://www.facebook.com/biuro.karier.awf.wroc/>



Swimming pool

The Swimming Pool has two pools: a sports pool with a length of 25 m and a depth of 1.4-1.8 m and a recreation pool with dimensions of 16 m x 4.5 m and a depth of 0.9 m. As a student of AWF, you are entitled to a discounted ticket. When buying an entrance ticket, show your student ID card.

Current information about the hours of the pool availability is provided on the website of the University or in the Cash Office.

Swimming Pool – Cash Office

- +48 71 347 34 44
- kryta.plywalnia@awf.wroc.pl

Didactic and Sport Centre in Olejnica

The university has a Didactic and Sport Centre in Olejnica (Wielkopolska Province). The centre is the place of summer sports camps for AWF students, instructor degree courses and training sessions in yachting, windsurfing and kayaking. Camps and training sessions in, among others, swimming, sailing, rowing and windsurfing (confirmed by a certificate of fitness on the recreational level). Water equipment rental point: sailboats, rowboats, windsurfing boards, kayaks and pedalos (etc.).

www.olejnica.awf.wroc.pl/

Support for students

Students may apply for financial aid during studies, including:

- Social scholarships
- Rector's scholarships, e.g. for academic or sports achievements
- Scholarships for disabled persons
- Benefits

For information concerning financial aid for students (regulations + current forms), visit the website of the University. Matters concerning financial aid for students are handled by the Office for Student Affairs. In the Office for Student Affairs and Academic Sports, you will obtain detailed information about types of support available to you as a foreign student.

Office for Student Affairs

ul. Banacha 11, room 0/3

stypendia@awf.wroc.pl

+48 71 347 31 31,
+48 71 347 31 63

In addition, if you need help, you can contact:

- Chairman of the Student Government Council
- Rector's Representative for Equal Treatment and Protection Against Discrimination
- Rector's Representative for the Education of Disabled Students
- Disciplinary Spokesman for Undergraduate and PhD Students
- Psychologist


Student life at AWF

Student Government Council and PhD Student Government

Do you want to be at the centre of student life at AWF? Are you interested in student initiatives and events? The Student Government Council and the PhD Student Government will introduce you to all the ins and outs of student life!

The Student Government Council (URSS) and the PhD Student Government organise events and ceremonies for students and PhD students of our university and for the local community. Their representatives undertake actions and have an impact on many issues in the life of the University – they are members of faculty councils and the Senate. They ensure compliance with students' rights and obligations.

 <https://www.facebook.com/urssawfwroclaw>

 Student Government Council
urss@awf.wroc.pl
 71 347 32 95

 PhD Student Government
rsd@awf.wroc.pl

AWFalia

AWFalia is an event celebrated by AWF students every year in May. It starts with a symbolic handover of the keys to the university gates to students by the Rector. For the entire month of May, events, concerts, competitions, contests and many other student initiatives are held.

Przewietrz się na Olimpijskim

Every year the university organises the Sport and Recreation Festival 'Przewietrz się na Olimpijskim'. Activities and initiatives are addressed to Wrocław inhabitants of every age: children, young people, adults and seniors. The picnic is organised to encourage active and sporting leisure. Participants of the picnic have an opportunity to test their skills in various sports: football, beach volleyball, basketball, badminton, water rescue shows at an indoor swimming pool. On that day, you can undergo fitness and endurance tests in diagnostic laboratories of the Central Research Laboratory of AWF.

Kalina Song and Dance Group

Kalina is an artistic group of the Wrocław University of Health and Sport Sciences presenting Polish national and regional dances in an artistically elaborated form. If you want to get to know better Polish culture and tradition, we invite you to dance with us! Join Kalina!

Kalina Song and Dance Group of AWF Wrocław

 Zameczek, ul. Rzeźbiarska 4

 +48 71 347 3615

 kalina@awf.wroc.pl



 kalina.awf.wroc.pl

 <https://www.facebook.com/awfkalina/>

Student Science Association, scientific circles

The Student Science Association (STN) comprises 45 student scientific circles functioning at our university. Here you will receive support in your research activities and the dissemination of your achievements. STN facilitates the exchange of information, knowledge and experience. It organises conferences, workshops, lectures and competitions at which you can present your works. Students in STN regularly organise The Scientist's Evening and the Young Talents competition. If you are interested in research, want to develop within your discipline, experiment and pursue research activities, this is the place for you!

Student Science Association

 +48 71 347 33 58
 stn@awf.wroc.pl

Tomek Nowak OLIMP Mountain Club


In the OLIMP Mountain Club, everybody will find something for themselves! It does not matter if you want to start your adventure with the mountains or if you are looking for partners for ambitious projects! OLIMP brings together all people who simply love mountains!

- Membership in the club allows students to use mountaineering equipment.
- The club organises 'SzkOlimpolenie' – a special cycle of training courses aimed at promoting the rules of safe mountaineering and use of equipment.
- It helps to organise mountain trips and to make dreams come true.
- It organises climbing trips to the highest summits of Europe under the 'Olimp Crown of Europe' project.

Thousands of unforgettable adventures guaranteed!

 olimp.awf.wroc.pl

 olimp.awf.wroc@gmail.com



 <https://www.facebook.com/Klub-G%C3%B3rski-Olimp-im-Tomka-No-waka-331515033557336>

Academic calendar

October

-  Inauguration of the academic year
-  University Day
-  AWF donates blood
-  Inauguration of the academic year
-  'Zero week'

November

-  1st – All Saints' Day
-  11th – Independence Day

December

-  25th-26th – Christmas




January

-  6th – Epiphany



February

-  Winter exam session

March

-  Easter
-  Academic Life Poll for the Best Sportsman and Coach of AWF Wrocław and the AZS AWF Wrocław Sports Club
-  AWF Open Day




April

-  AWF donates blood
-  Easter

May

-  AWFalia
-  Sport and Recreation Festival 'Przewietrz się na Olimpijskim'
-  1st International Workers' Day
-  3rd – 3rd May Constitution Day

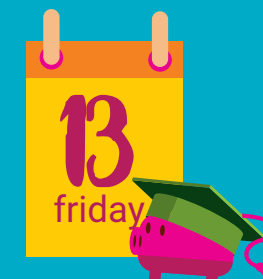
June

-  Lower Silesian Children's and Youth Oncolympic Games
-  Summer exam session
-  Corpus Christi

July

-  Sports camps

legend:
 AWF events
 education
 Public holidays and other non-working days

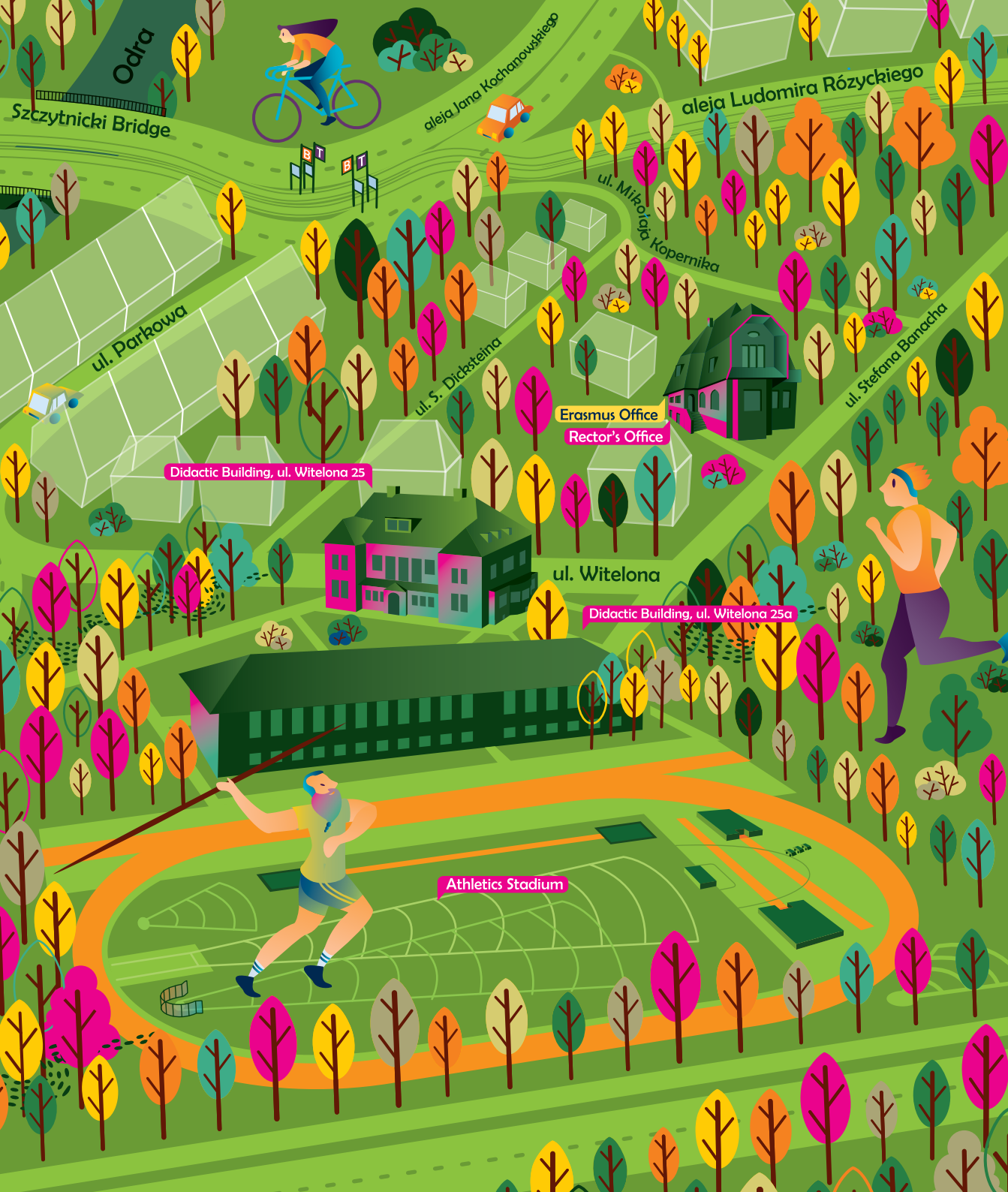


Main campus AWF



AWF WROCLAW - MAIN CAMPUS

- | | |
|--------------------------|-------------|
| P5 building names | sidewalk |
| P parking | tram tracks |
| T tram stop | street |
| B bus stop | grass |



AWF Wrocław

Main Campus, aleja Ignacego Jana Paderewskiego 35

Didactic buildings:

- P1
- P2
- P3
- P4
- P5
- Multifunctional Hall

Sport facilities:

- Athletic stadium
- Indoor swimming pool
- Indoor Football Fields
- Tennis hall
- Football fields
- Beach volleyball courts

Student services and facilities:

- Spartakus Student Dorm, ul. Mickiewicza 98
- Canteen (Spartakus building, side entrance)
- Gym (Multifunctional Hall)
- Xerox point

How to get to AWF Wrocław Main Campus – public transport

- T** Tram no. 9, 17, 33
Tram stops: Stadion Olimpijski, Godebskiego (AWF Wrocław), Sępólno
- B** Bus no.: 115
Bus stops: Godebskiego (AWF Wrocław), Sępólno

Small Campus, ulica Witelona 25

Didactic buildings:

- Didactic Building, ul. Witelona 25
- Didactic Building, ul. Witelona 25a
- Rector's Office, ul. Stefana Banacha 11
- Student dorm Olimpia



How to get to AWF Wrocław Campus at Witelona – public transport


- T** Tram no.: 9, 17, 33, or 1, 2, 4, 10
Tram stops: Kochanowskiego (9, 17, 33) or Hala Stulecia (1, 2, 4, 10)
- B** Bus no.: 131, 141 or 115
Bus stops: Kochanowskiego (131, 141) or Mickiewicza (115)

Erasmus services and facilities:

- **Erasmus Spot** – information and contact point
Multifunctional Hall, Main Campus
- **Erasmus Meeting Point** – place for meetings, studying, Erasmus events, etc.
Library building, Main Campus
- **Erasmus Office**
Small Campus, Rector's Office, 1st floor, room 2/3

Erasmus contact information:

-  office@awf.wroc.pl
-  facebook.com/ErasmusAWFWroclaw

-  +48 71 347 31 13
- +48 71 347 31 03
- +48 71 347 34 66 (Erasmus Spot)

Student savoir vivre:

Academic quarter

The academic quarter is a university custom that allows students to be maximum 15 minutes late for classes without bearing negative consequences, e.g. not being let into the room. Remember that it is only a convention and some lecturers do not tolerate students being late for classes at all. The same principles apply to lecturers – if the lecturer has not come to class within 15 minutes from the planned start time, it is likely that the class will not be held. But we advise you to wait and make sure you do not have an absence recorded!

Eating and drinking during classes

Do not eat or drink until the break. The only exception is water.

Leaving the lecture room / classroom

You do not have to ask the lecturer for permission to go out from the classroom e.g. to the toilet. Leave the classroom and come back in a manner that does not disturb the lecturer and students. If you have to leave the lecture before it ends, it is a good practice to notify the lecturer before the start of the lecture. In the case of classes, you must ask if you may go out and make up for the lost part of the class in some way.



Dress code suited to the occasion

Before starting your studies, you have to make a vow during the official matriculation. It is one of many events in academic life to which a formal dress code applies. Do not wear everyday or sports clothes during important university events. Formal clothes should be neat, elegant and characterised by subdued colours in shades of white, black, grey and navy blue.

Dress code for classes

Remember that specialist and sports classes require adequate clothes. If you study physiotherapy, occupational therapy or cosmetology, you should wear medical clothes in accordance with the teacher's guidelines. Put on adequate sports clothes for sports classes, depending on their type: a tracksuit, a T-shirt, trousers, sports shoes, swimsuit, etc.

Cloakrooms

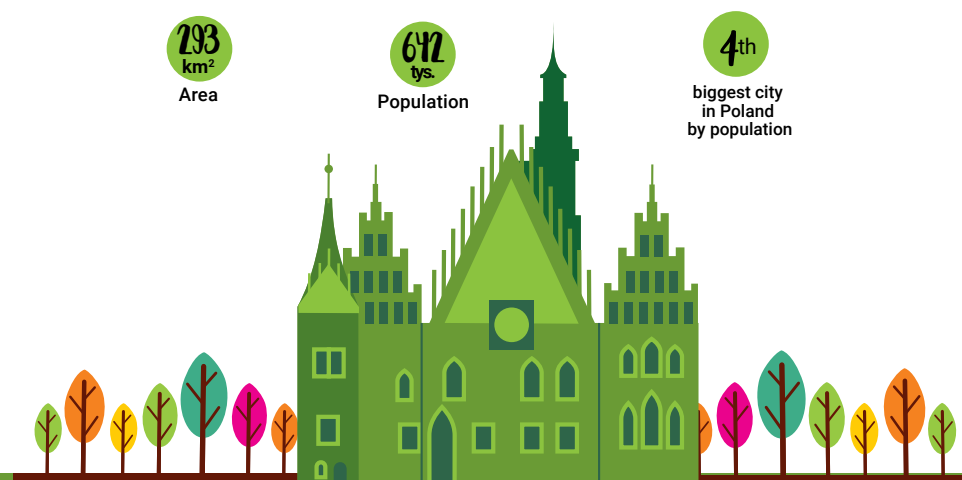
Remember to leave your outerwear (jackets, coats, caps, scarves) in the cloakroom before entering the lecture room / classroom. In each didactic building and sports facility, there is a free cloakroom for students close to the entrance.

Wrocław

Wrocław is a city of churches, bridges, rivers, dwarves and students :). Wrocław is one of the most 'student' cities in Poland with a unique atmosphere and infrastructure, an attractive tourist, educational and business offer, as well as great employment and development prospects, particularly for students.

Surroundings of AWF Wrocław

The AWF campus is located in a picturesque green part of the city called the Great Island. In the neighbourhood, there is the beautiful Szczytnicki Park and the Centennial Hall – a world-class monument inscribed on the UNESCO World Heritage list, as well as a well-known and popular Zoo. In the area of the University, there are many food stores, pizza bars, beach bars, ice-cream shops, etc. The main campus of AWF is located ca. 4 km away from Pasaż Grunwaldzki – one of the biggest shopping malls with almost 200 shops, a food zone and a cinema.



A few facts about Wrocław:

117 bridges, 5 rivers flowing across the city and 12 islands located within the city area

The Wrocław Zoo is the largest in Poland.

The Wrocław Technology Park brings together over 250 companies from ca. 60 different industries

28 universities, ca. 130,000 students

Wrocław is a city of greenery – you can find here over 40 parks, 29 forests, 9 natural monuments, a 6.5 km long natural and educational path, and habitats for protected birds and animals near the city.

9 berths where you can hire a kayak, boat or pedalo, take a cruise by passenger ship or get a sailing licence.

10 officially marked running tracks of varied distance

horse-racing track at Partynice

ca. 20 swimming pools, an aquapark open all year round and outdoor swimming pools, including a bathing area transformed into WakePark

5 ice-rinks in the winter season

for over 30 years, a marathon has been taking part on the streets of Wrocław

Primary tourist attractions:

- Old Town Market Square and Plac Solny
- Ostrów Tumski and Cathedral of St. John the Baptist
- Centennial Hall (inscribed on the UNESCO list), Pergola and multimedia fountain
- National Museum
- Four Denominations District
- Aula Leopoldina and Oratorium Marianum
- Panorama of the Battle of Raclawice
- Hydropolis
- Wrocław Zoo and Afrykarium
- Neon Light Gallery
- Wrocław Dwarves

Selected events (including cyclic events):

- Wratislavia Cantans
- Jazz on the Oder
- Brave Festival
- T-Mobile New Horizons International Film Festival
- Literary Port

Poland

Official name:
Republic of Poland

Flag:
white and red colours arranged
in two horizontal parallel strips
of the same width, where the upper
one is white and the lower one is
red.

Official language:
Polish

National emblem:
a white (single-headed) eagle
in a golden crown, with golden
talons and a golden beak, turned
right on a red shield

Currency:
Polish zloty (PLN)

Capital:
Warsaw

Major cities (by population):
Warsaw, Kraków, Łódź, Wrocław,
Poznań

Area:
312,696 km² (69th in
the world and 9th in
Europe)

Population:
38,265,000

Time zone:
GMT +1

Longest river:
The Vistula 1,047 km

Highest summit:
Rysy 2499 m a.s.l.



Remarkable tourist attractions:

1. Wawel Royal Castle
2. Old Town Market Square in Kraków
3. Kazimierz district in Kraków
4. Old Town in Gdańsk
5. Wieliczka Salt Mine
6. Guido Coal Mine in Zabrze
7. Castle in Malbork
8. Palace of Culture and Science in Warsaw
9. Auschwitz Birkenau Memorial and Museum
10. Łazienki Park in Warsaw
11. Książ Castle

Transport:
railway, bus, plane



Transport in Wrocław

Public transport – trams and buses

Trams and buses in Wrocław run every day between ca. **5:00 a.m.** and ca. **11:00 p.m.** (depending on the line). Trams operate on over 20 lines, and buses serve ca. 50 routes. Night bus service is provided by 13 lines. Students are entitled to travel by means of public transport at reduced prices if they have a valid student ID card.

Current timetables can be checked on wroclaw.pl or in jakdojade.pl application.

Wrocław Commuter Rail

The Wrocław Commuter Rail is a suburban railway network of the Wrocław metropolitan area encompassing ca. 350 km of railway lines. Slow trains in Wrocław currently run between 21 railway stations and stops. Rail can be an interesting and fast alternative to other ways of travelling between distant parts of the city.

Wrocław City Bike

The Wrocław City Bike is a fast, comfortable and ecological means of transport that allows to move freely around our city. In order to use city bikes, register online, pay a start fee of **PLN 10**, rent a bike and ride! :)

Bike stations are located throughout the city. You will find one of them on the AWF Campus premises – Olympic Stadium station and the second right near the Spartakus Dormitory – Mickiewicza station located on the tram terminus.

For more information, visit :
<https://wroclawskirower.pl/en/>

Electric scooters

In Wrocław, there are two electric scooter (e-scooter) rentals: hive and Lime. The use of electric scooters is simple and pleasant. But do not forget about the rules of safety!

Travelling from Wrocław

Copernicus Airport Wrocław

The Copernicus Airport Wrocław is an international airport located in Wrocław, ca. 10 km west of the centre. The Airport serves international and domestic flights. You can get to the airport by public transport (bus) from the city centre or by taxi or Uber.

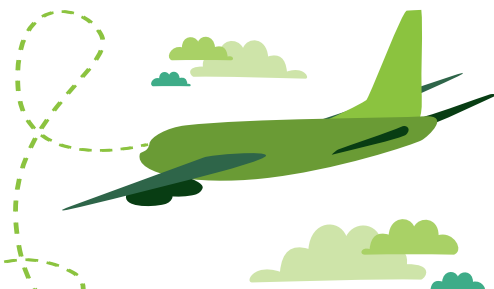
Rail and Central Railway Station

In the centre of Wrocław, there is the Wrocław Central Railway Station – the biggest railway station in Lower Silesia and in south-western Poland. The Wrocław railway station is not only an important transport hub, but also an imposing and important monument of Wrocław. The railway station serves many domestic and international railway connections. Trains depart from there not only to Karkonosze, to the Baltic coast and other regions of Poland, but also to Prague and Berlin.

Dworzec Główny PKP Wrocław
ul. Marszałka Józefa Piłsudskiego 105

Buses and bus station

In the centre of Wrocław, not far from the Wrocław Central Railway Station, there is a bus station. The station serves many regional, domestic and international routes.



Safety

- 112** emergency service centre (uniform European alarm number)
- 999** phone information service of the National Health Fund
- 997** Police
- 998** Fire Service
- 999** Emergency Medical Service

Emergency departments in hospitals

Jan Mikulicz-Radecki
University Clinical Hospital

Wrocław ul. Borowska 213,
71 733 10 00

Provincial Specialist Hospital
in Wrocław

Wrocław ul. Kamieńskiego 73a,
71 327 01 440

4. Military Clinical Hospital

Wrocław ul. Weigla 5,
261 660 720

Tadeusz Marciniak Lower
Silesian Specialist Hospital –
Medical Rescue Centre

Wrocław ul. Fieldorfa 2,
71 306 43 00



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WROCŁAW



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